

スポーツアカデミー石巻 成人プログラム 2019年11月～

○営業時間

火～金 10:30～21:15

土 8:45～18:15

日 10:30～15:15

| 日                             |                     | 月   | 火曜日             |             |                     |                               | 水曜日           |             |             |                               | 木曜日               |             |             |                               | 金曜日         |             |             |                               | 土曜日         |             |             |                               |             |             |             |    |  |
|-------------------------------|---------------------|-----|-----------------|-------------|---------------------|-------------------------------|---------------|-------------|-------------|-------------------------------|-------------------|-------------|-------------|-------------------------------|-------------|-------------|-------------|-------------------------------|-------------|-------------|-------------|-------------------------------|-------------|-------------|-------------|----|--|
| プール                           |                     | 休館日 | 時間              | スタジオ        | プール                 |                               | スタジオ          | プール         |             | スタジオ                          | プール               |             | スタジオ        | プール                           |             | スタジオ        | プール         |                               | スタジオ        | プール         |             | 時間                            |             |             |             |    |  |
| 入場は10:30～                     |                     |     | 入場は10:30～ となります |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
| フリーコース<br>11:30<br>～<br>15:00 | :45                 |     |                 |             |                     | フリーコース<br>15:30<br>～<br>18:30 |               |             |             | フリーコース<br>15:30<br>～<br>18:30 |                   |             |             | フリーコース<br>15:30<br>～<br>18:30 |             |             |             | フリーコース<br>15:30<br>～<br>18:30 |             |             |             | フリーコース<br>11:30<br>～<br>14:30 |             |             |             |    |  |
|                               | 11:00～11:45         |     | 11:00～12:00     | 11:00～12:00 | 11:00～11:45         |                               | 11:00～11:45   | 11:00～12:00 | 11:00～12:00 |                               | 11:00～11:45       | 11:00～12:00 | 11:00～12:00 |                               | 11:00～12:00 | 11:00～12:00 | 11:00～12:00 |                               | 11:00～12:00 | 11:00～12:00 | 11:00～12:00 |                               | 11:00～12:00 | 11:00～12:00 | 11:00～12:00 |    |  |
|                               | ステップ<br>サーキット<br>裕美 |     | いきいき            | 上級          | やさしい<br>ストレッチ<br>裕美 |                               | モビバンアクア<br>満帆 | 筋トレ体操       | 初中級         |                               | バランス<br>ボール<br>裕美 | いきいき        | 上級          |                               | 狩野          | 満帆          | 狩野          |                               | 満帆          | 狩野          | 満帆          |                               | 狩野          | 満帆          | 狩野          | 満帆 |  |
|                               |                     |     | 木村              | 満帆          |                     |                               |               | 平塚          | 狩野          |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |
|                               |                     |     |                 |             |                     |                               |               |             |             |                               |                   |             |             |                               |             |             |             |                               |             |             |             |                               |             |             |             |    |  |

※担当が変わる事がありますのでご了承下さい。担当が変わる場合は、事前に掲示させていただきます。